



# **If You Leave Me, Can I Come with You?: Daily Meditations for Codependents and Al-Anons . . . with a Sense of Humor**

*Misti B.*

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## **If You Leave Me, Can I Come with You?: Daily Meditations for Codependents and Al-Anons . . . with a Sense of Humor** Misti B.

*“By the time I’d gotten to Al-Anon... people responded with ‘Thank God,’ or ‘It’s about time.’ I wasn’t a horrible person. It’s not like I had buried bodies under my floorboards. I was just a little dramatic and a tiny bit controlling.” –Misti B.*

Most people in the throes of codependency’s problematic behaviors typically don’t see their plight as a laughing matter. And yet, judging by the peals of laughter often heard coming out of Twelve Step meeting rooms, many eventually do find the humor in their self-defeating thoughts and actions.

*If You Leave Me, Can I Come with You?* is full of refreshingly original meditations for each day of the year. Infusing her wisdom with self-revealing honesty and humor, Misti B. provides healing insight with a lighthearted touch into the common struggles that codependents and those in Al-Anon frequently face. Issues such as people pleasing, lack of boundaries, and perfectionism don’t have to overwhelm us if we work a solid Twelve Step program and learn not to take ourselves so seriously. Misti B. shows how to do both, delivering the right mix of support, inspiration, and healthy irreverence.

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#### **Carol Hamilton:**

A lot of people always spent their own free time to vacation or perhaps go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. In order to try to find a new activity honestly, that is look different you can read any book. It is really fun in your case. If you enjoy the book you read you can spent the whole day to reading a publication. The book If You Leave Me, Can I Come with You?: Daily Meditations for Codependents and Al-Anons . . . with a Sense of Humor it is very good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. Should you did not have enough space bringing this book you can buy the actual e-book. You can m0ore very easily to read this book from a smart phone. The price is not too expensive but this book has high quality.

#### **Judith Judd:**

People live in this new day of lifestyle always try to and must have the spare time or they will get lots of stress from both everyday life and work. So , when we ask do people have extra time, we will say absolutely yes. People is human not really a huge robot. Then we inquire again, what kind of activity do you possess

when the spare time coming to you of course your answer will unlimited right. Then do you ever try this one, reading books. It can be your alternative within spending your spare time, the book you have read will be If You Leave Me, Can I Come with You?: Daily Meditations for Codependents and Al-Anons . . . with a Sense of Humor.

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